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Thursday, November 8, 2012



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Holiday gift shopping FIT FOR KINGSMILLS

Aleisha Wells, 21, and Mark Guzi, 32, browse through Christmas ornaments at Kingsmills Department Store Wednesday night during its annual kick-off to the holiday shopping season. The iconic downtown London department store has been hosting a midnight madness event for more than 30 years, drawing people into the city's core. Wednesday's event drew around 1,500 shoppers and included refreshments and live entertainment from a string quartet. AMANDA GRANT/FOR METRO

LTC far from solving its route issues

Industrial areas. Transit hampered in extending service to city's outskirts



JOHN MATISZ
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Gone are the days of industrialized downtowns in Canada. Manufacturing facilities and warehouses are built on the periphery of the city now.

And London is no exception.

On Wednesday night, the London Transit Commission reopened discussion on developing a transit route to industrial parts of the city.

However, the finalization of the Development of Industrial Transit Service Strategy — which is one of 82 initiatives laid out in the LTC's 2012 Work Program — has been deferred to next year.

The commission's chairman, Coun. Harold Usher (Ward 12), doesn't envision any major developments in the near future.

"I'm optimistic down the road, but I'm not optimistic over the next couple of years," Usher said. "That's for sure."

Industrial sections of the Forest City — namely east of Veteran's Memorial Parkway, Exeter Road, and areas in the southeast — are an important part of the LTC's future.

But, at least for the time being, the money's just not there. Usher estimates the payback of serving those pockets of London equates to less than 28 per cent.

Quoted



"I don't know the answer, but we have to continue to work at this."

LTC chairman Harold Usher

"We are all frustrated right now, because we can't afford it," he added. "When the areas get more developed, we'll be able to do it."

In addition to the financial hurdles, the LTC is considering ideas about ways to provide a service that makes sense from a logistics standpoint.

By nature, industrial employees live an alternative lifestyle, often working afternoon and night shifts. This affects ridership flow, spreading already low numbers over the course of a 24-hour period.

It also doesn't help that buildings in these areas tend to have long driveways and large lots, making it difficult to appropriately plot bus stops and shelters.

"It's something we want to provide, but it just doesn't have the ridership to justify it," Usher said. "We're not looking to turn a profit, but what we're looking for is a little more to say 'OK, we can stretch and go there,' because it takes a lot of service hours to provide service to those areas."

Usher, a professional engineer and published author who has served on city council since 2000, also notes there are areas of the city with higher ridership numbers that need to be attended to first.

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Grand times at The Grand



Deb Harvey, executive director of The Grand Theatre, speaks at Monday's annual general meeting.

MIKE BOURGEOIS/FOR METRO

Theatre. 'We just want to keep growing,' says executive director

AMANDA GRANT
london@metronews.ca

With a proposal in front of city council for a massive expansion and its 13th straight year with a budget surplus, things are looking good for The Grand Theatre.

"We've been working very hard to make sure what we put on stage is of the best quality," said Deb Harvey, executive director of The Grand. "People have come to trust that when they do come, they will have a great experience. And that's what you need to be successful, positive word-of-mouth."

It seems to be working. During the 2011-12 season The Grand boasted 6,288 subscriptions — 1,182 of whom were new subscribers — and more than 119,000 people attended shows.

"We just want to keep growing our audience base," said Harvey.

One way to do that, Harvey says, is to make The Grand a cultural hub.

Earlier this year, the theatre submitted a proposal to city council for a massive expansion to its facilities. The Grand proposed a \$100-million development that includes building a 1,200-seat

Entertaining thousands

The Grand employed 309 people and spent close to \$1.5 million on local goods and services during its 2011-12 season.

- A total of 119,080 people attended 235 performances at The Grand in the past year, including 10,964 students who saw shows at reduced rates through the Theatre for Young Audiences program.

concert hall and an additional 400-seat theatre, creating a cultural complex in downtown London.

The theatre's proposal requests \$25 million from the city to move forward. Private investors and partnerships with other organizations, like Orchestra London, would help to foot the rest of the bill.

"We are running out of space here," said Harvey. "With our proposal, the building would still be signature property in the city, but it would also make London a destination."

The proposal, one of 50 before council, was submitted in June as part of the London Prosperity Plan and ReThink London. Decisions from city council about the proposals are expected in the next couple of months.

Matthews won't seek Liberal leadership

Another high-profile member of outgoing Premier Dalton McGuinty's inner circle announced she will not seek the Liberal leadership.

On Wednesday, Health Minister and London North Centre MPP Deb Matthews says she made the decision after much soul-searching.

"While I have been truly gratified by the expressions of support, in the end I decided that I really want to continue doing what I am doing now," Matthews said in a release.

Matthews did say she still plans on running again in London North Centre in the next election.

"In the meantime, I'll continue to focus all my energy on the work I'm doing as MPP and leading the transformation of our health-care system as minister of health," she said.

Kathleen Wynne and Glen Murray are the only candidates to formally enter the race to replace McGuinty.

AM980/AM980.CA



Deb Matthews METRO FILE

The next premier?

Pupatello, Sousa to announce their bids

Two more prominent Liberals are expected to announce their leadership bids over the next few days.

Sources say former cabinet minister Sandra Pupatello will be making the announcement in Windsor on Thursday.

Citizenship and Immigration Minister Charles Sousa is making an unspecified announcement on Saturday, fuelling speculation that he's also throwing his hat in the ring. **THE CANADIAN PRESS**

Bungalow, Early Bird

Food Network to get taste of London

Bungalow (910 Waterloo St.) and The Early Bird café (355 Talbot St.) will enjoy national exposure when they are featured during the second season of Food Network Canada's *You Gotta Eat Here*.

Host John Catucci will be in London on Nov. 19 and 20 to film at the eateries. **METRO**

Culture

Have your say on the creative city

On Thursday night, the city unveils its first draft of a cultural prosperity plan, and it's looking for feedback.

"These are our ideas," said Robin Armistead, manager of culture for the city. "But we want to know: did we get it right? We need to get input from the general public."

An estimated 200 Londoners will cycle through

stations at the London Convention Centre, discussing their ideas for a culturally-enriched city. This means talking about everything from art and music to the city's libraries and heritage sites.

This is the public's last chance to make its voice heard before the plan is presented to council in January.

The Culture Prosperity Plan mixer runs from 5 p.m. to 7 p.m. Register at culture-planlondon-es2.eventbrite.ca. **AMANDA GRANT/FOR METRO**

Western

Ignatieff to speak on Thursday

Former Liberal Party of Canada leader Michael Ignatieff will be in London on Thursday, delivering a speech at Western University.

He is scheduled to speak about American politics in the Spencer Engineering Building (Room 1059), beginning at 4:30 p.m. **METRO**

Saving lives

EMS wants AEDs in schools

Automated external defibrillators, or AEDs, may be available at your local school or community centre soon.

The Middlesex-London EMS has launched a campaign to raise awareness, and get AEDs into all public spaces, in hope of preventing deaths caused by cardiac arrest. **METRO**

1 NEWS

Don't expect Freight Train Raine to be a changed man

London Knights. As he nears the end of his suspension, blue-liner doesn't plan to alter his style of play



JOHN MATISZ
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Hockey is a sport teeming with split-second decisions, making the margin of error pretty wide.

No one understands that reality better than Kevin Raine.

The no-frills London Knights blue-liner is nearing the conclusion of a six-game suspension handed down by the OHL for a hit thrown on Peterborough Petes forward Stephen Nosad in late October.

Nosad will be shelved until early December with a shoulder injury, while Raine is required to sit out just one more game, Friday's home meeting with the Sudbury Wolves.

"It seemed like a pretty innocent play at the time, but it's

such a fast game these days," said the 19-year-old Dryden native. "Anything can happen."

When scanning London's roster, Raine's name pops out as a guy capable of appropriately straddling the line between playing dirty and playing with a chip on his shoulder — it's his bread and butter.

"It'd be different if he had been headhunting," said Jeff Paul, Knights defencemen coach. "But that's not Kevin Raine's personality. At the same time, we're at the mercy of the rules, so we have to accept it."

Paul, a defenceman who played pro hockey from 1998-2009, knows a thing or two about finding the right balance. As a player, he managed to control his six-foot-three, 210-pound frame in most body contact situations.

So, when returning to action on Saturday, don't expect his mentee to turn into Kevin Raine 2.0.

The gritty defender says he won't — "by any means" — alter his style of play. He says he may err on the side of cau-



Suspended London Knights defenceman Kevin Raine, left, has been keeping sharp, practising here with locked-out NHLer Corey Perry of the Anaheim Ducks on Tuesday. JOHN MATISZ/METRO

tion now and again, but never enough to render him ineffective.

"Knowing when it's right to let up (when you're about to hit someone) comes from experience," Paul said. "And you also have to understand how a particular game is developing."

Fortunately, a player's suspension doesn't mean his conditioning needs to take a step back. In Raine's case, this meant a few extra minutes of practice each day, and even an intense one-on-one no-puck skate with another Knights assistant coach, Dylan Hunter.

Baby endangered

Woman drives wrong way on 401

OPP are urging drivers to use patience on area highways, after a woman was found going the wrong way on Highway 401.

On Wednesday afternoon, police responded to a three-vehicle crash on the eastbound 401 between Highbury Avenue and Veteran's Memorial Parkway.

Traffic came to a standstill, and that's when the woman couldn't take it anymore.

"One of the drivers, with an infant in the vehicle, decided to turn her vehicle around and drive the wrong way on the shoulder and exit the highway in the wrong direction at the off-ramp at Highbury," said Middlesex OPP Const. Kevin Howe.

Traffic was still coming toward the woman while she was making her way to the off-ramp.

The Aylmer woman has been charged with careless driving.

"Somebody could have been really hurt," said Howe. AM980/AM980.CA

Same-night drama

Sault Ste. Marie Greyhounds' Landon Schiller delivered a check-to-the-head to Niagara IceDogs' Mack Lemmon, costing Schiller 10 games.

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Carney test drives new \$20

Bank of Canada Governor Mark Carney hands over a new polymer \$20 bank note to make a purchase at the museum gift shop after a launch ceremony at the War Museum in Ottawa on Wednesday. There will be about 800 million of the plastic \$20 bills, which feature the Vimy Memorial, in circulation — as many as all other denominations put together. ADRIAN WYLD/THE CANADIAN PRESS

Central America

Earthquake death toll in the dozens

Guatemala's president says he has been informed that the death toll in a 7.4-magnitude earthquake that struck off the Pacific coast has risen

to at least 39 people.

President Otto Perez Molina says the dead are in the northwestern state of San Marcos near the Mexican border, where the majority of the damage occurred.

He spoke to a news conference Wednesday afternoon. **THE ASSOCIATED PRESS**

New storm threatens New York, New Jersey

Second surge. Just under a million people still without power in the region as weaker storm moves in

Coastal residents of New York and New Jersey faced new warnings to evacuate their homes, and airlines cancelled hundreds of flights, as a new storm arrived Wednesday, more than a week after Superstorm Sandy left dozens dead and millions without power.

Forecasters said the latest storm appeared weaker than first thought, but it still carried the threat of high winds, storm surges and even snow that could cause further damage to the already weakened infrastructure of the country's most densely populated region. Rain and wet snow started falling in New York City around midday.

"I am waiting for the locusts and pestilence next,"



Volunteer Karina Ayubi, left, joins National Guardsman Brandon Kyle as they distribute blankets donated by the American Red Cross to residents without power as a Nor'easter approaches in the wake of Superstorm Sandy, Wednesday, in Little Ferry, N.J. Major airlines cancelled flights in and out of the New York City area ahead of the storm. KATHY WILLENS/THE ASSOCIATED PRESS

New Jersey Gov. Chris Christie said. Public works crews with heavy machinery worked to build up dunes to protect the battered shoreline.

More than half a million homes and businesses

remained without power as temperatures hit freezing at night, and finding tens of thousands of people emergency housing — in some cases, for the long term — was the greatest challenge.

New York Mayor Michael Bloomberg ordered police to use loudspeakers to warn vulnerable residents, many of them in low-income public housing, about evacuating.

THE ASSOCIATED PRESS



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Intervention is key

Teach kids
not to stand
by: Expert

Dr. Claire Crooks CONTRIBUTED

There's no quick fix to stop bullying, but appealing to kids' empathy and urging them not to stand passively by is a good start, says a researcher on the subject.

Dr. Claire Crooks, who studies bullying at the University of Windsor and Toronto's CAMH Centre for Prevention Science, says depriving bullies of their audience is key. Most bullying occurs in front of peers and is committed by kids looking for attention. They also do it to make people laugh, which makes them feel powerful. Young bystanders who stand up to bullies or report bullying to adults are an effective deterrent, she says.

"Research is finding that kids who intervene in bullying are more likely to say their parents expect them to do that," she said. "So, just by talking to your children about what you expect them to do when someone else is getting picked on, that can have an impact."

It's more difficult to understand the role of the online bystander.

"It's easier for kids to cyberbully than bully because there's that anonymity," she said. "One thing's becoming clear — with cyberbullying, there really needs to be a joint response with parents, communities and police. So many of these cases are crossing the line into cybercrime."

JESSICA SMITH/METRO IN TORONTO

Engaging with kids

"The question parents need to be asking is not just how do I know if my kid's being bullied, it's how do I know if my child is involved in bullying? How do I know what role my child plays when others are being bullied? Those are the kinds of conversations we should be having with our children."

Dr. Claire Crooks

Name that online bully and ban anonymity: MP

Cyberbullying. It's a life-and-death issue for some kids and many people want to do something to stop it. But what will work?

JESSICA SMITH
Metro in Toronto

After reading some vile, anonymous online comments, Conservative MP Dean Del Mastro has decided the government should consider ending people's ability to post anonymously on the Internet.

"One of the best ways to end online and electronic bullying, libel and slander would be to force people posting hurtful comments to properly identify themselves," he posted on his Facebook page on Oct. 25.

He brought the same message to the House of Commons

when he suggested banning anonymity wouldn't get in the way of free speech.

"While I believe firmly that the right to free speech must be strongly defended and protected, I also believe it should be backed up by the common decency to stand by one's words as opposed to hiding behind online anonymity," he said.

Del Mastro declined Metro's request for an interview on the issue, so it is unclear what specific actions he thinks the government should take or how banning Internet anonymity could be enforced.

Nathalie Des Rosiers, a lawyer with the Canadian Civil Liberties Association, says judges would strike down a law that prohibits anonymity online.

"It's difficult to imagine how we can protect freedom of expression without protecting some form of anonymity with websites and comments online," she said. "It's essential to recognize that good intentions

of having people stand by their words chill and prevent many useful expressions that cannot be done publicly."

People choose to be anonymous online for many constructive reasons, she said. They include being a whistleblower, reporting incidents of bullying or just having a social or political conversation that they would not want their families, friends or employers to know about.

"In my view, the real answer to vitriolic, terrible, nasty comments on the web is not to engage with them," she said. "The people who do vitriolic things — their greatest reward is when we respond and give them an additional platform."

Des Rosiers suggests teaching kids to be "resilient" against bullying would help them in a way that wouldn't deprive them of their rights.

Del Mastro isn't the only politician talking about bullying. The NDP is asking for the federal government to strike an all-party committee to create a National Anti-Bullying Strategy. MP Dany Morin said the idea would be to consider the best means of combatting bullying and then create a plan. But at this point he is unwilling to get into specifics about what the strategy might contain.

A senate committee is studying cyberbullying, but the report, originally scheduled for release in October, has been delayed.

Rights and responsibilities

Privacy not a shield from the law

The right to privacy doesn't extend to anonymous bullies, Ontario's privacy commissioner says.

"Obviously, I'm a great believer in privacy — I'm the privacy commissioner — but I think you forfeit your right to privacy when you go online to victimize someone else," Ann Cavoukian said. "Privacy isn't there to enable you to do unacceptable behaviour that is harmful to others."

Cavoukian urges parents, teachers and students to discuss bullying publicly, while respecting the privacy rights of the victim. For example, teachers can help deter bullying by publicizing incidents and the consequences perpetrators face, but refrain from naming the bullies and victims.

She believes police have all the laws they need to police bullying when it becomes criminal and trace anonymous cyberbullies.

To hear more of her views, see her anti-bullying video at ipc.on.ca.

JESSICA SMITH/METRO IN TORONTO

'Caustic scourge'



"I read the comments of hundreds of anonymous posters online and was frankly shocked by the level of vitriolic hatred and personal attacks that were freely posted. Anonymous online attacks are, in my view,

cowardly but they are no less hurtful and represent a caustic scourge that is harming too many in our society."

MP Dean Del Mastro

Targeting cybercrime

Give us more disclosure: RCMP officer

On his days off, RCMP Const. Tad Milmine of Surrey, B.C., talks to small groups of students about bullying. On the job, he'd like to have more power to uncover cybercriminals more quickly.

"I'm not saying divulge everyone's personal information — I'm far too busy to just be nosy — but if I need to know information because somebody's receiving a death threat through the computer, to get a warrant for that or a production order for that, it takes a long time," he said.

Milmine, and many police services, support a Conservative bill that would make Internet service providers disclose a user's name and information to police without a warrant.



Tad Milmine CONTRIBUTED

Some companies already do, Milmine says.

"Facebook is our best friend when it comes to investigations," he said. "If there's something serious, or imminent danger to a youth, Facebook will give us all the information within a day. They'll give us everything. There's no warrants, no production orders — they're terrific."

To read about the anti-bullying lesson Milmine gives young people on his days off, go to metronews.ca. JESSICA SMITH/METRO IN TORONTO

Students speak out

Look beyond laws to end bullying: Teens

A group of students brought a message for Canadian politicians studying cyberbullying: Laws won't stop it.

Alberta teacher and anti-bullying activist Bill Belsey helped some of his students from Springbank Middle School speak to senators on a committee studying cyberbullying last spring. Most said kids their age need something more concrete.

"I just do not think that teenagers would listen. It just does not seem real enough," student Mariel Calvo said. "What I think we should do is get people speaking about it, get people aware, and make sure that everybody knows how it harms people, how it consumes your life completely."

Student Molly Turner



Bill Belsey CONTRIBUTED

said a law probably wouldn't have an effect right away, but could help make bullying less socially acceptable.

"For example, it is now illegal not to wear a seat belt, but, not so long ago, that was acceptable," she said. "If the government were to set up a very definite consequence for anyone breaking the law on cyberbullying, it may make it unacceptable in society. It would not solve everything and not right away, but it, along with other measures, might help."

JESSICA SMITH/METRO IN TORONTO





A 'noogie' never hurt me: Vice mag founder

Long before teens posted nasty comments on their friends' Facebook pages and adults took surreptitious photos of Walmart shoppers to post and mock on peopleofwalmart.com, there was Vice magazine. It pioneered the art of matching photos of regular people with cutting comments.

Gavin McInnes, a founder of Vice who cut ties with the magazine in 2008, created the infamous Dos and Don'ts in early '90s Montreal. A bully by today's standards, he argues that bullying — especially the old-fashioned noogie and purple nurple — is good for children.

Dos and Don'ts were photos taken of people out in public — knowingly or unknowingly — paired with humorous insults or lecherous and offensive compliments. It began when Vice was based in Montreal and continued as a staple of the magazine when its founders moved it to Brooklyn and found worldwide success.

"But now, with Instagram and all that, the whole thing has become moot. Everyone is a Dos and Don'ter," McInnes said.

He says bullying has changed over time.

"When I was a kid, bullies weren't necessarily a bad thing," he said. "You got a wedgie. No one wore glasses when I was in school because you'd be a 'four-eyes.' Now, all kids have glasses."

McInnes says legal attempts to stop cyberbullying won't help children. High-profile cases of kids who kill themselves after they've been bullied are not enough to prove a crisis, he said.

"To cling to that I'm sure sells papers and makes people feel special and makes people feel that they're righteous, but the mathematical truth of it is it's not a major problem and the worst thing you could do would be to try to fix this fake problem by regulating people. Sorry, someone called you fat. Sorry, you were bullied online. That's called high school."

McInnes fondly recalls his childhood, when he says bullies were respected as tough guys that you'd want to be, and kids were tough enough to ride their bikes barefoot until their soles were like leather.

"Every kid had a cast on,

Point and laugh

- Gavin McInnes recalls the first negative reaction he got from a Dos and Don'ts entry. It came from a woman whose shirt he said made her look like she had "penis tits." She was mad and expected him to care, he said. "I guess people actually aren't used to being antagonized, but that's the secret to being funny."

we wouldn't wear a helmet, we didn't have car seats, and then you go into the real world and you can fight and survive," he said. "Now we have fat kids, sitting inside where it's safe, playing video games, being regulated to extinction."

"You do a lot more disservice to a child when you make him scared of the world and when you put him in a protective bubble where it's illegal for anyone to be mean to him. Mean is good, because the world is cruel."

JESSICA SMITH/METRO IN TORONTO

Anti-bullying: A cause célèbre

Anti-bullying has become a rallying point for celebrities who have been bullied themselves.

- Lady Gaga, who set up the Born This Way Foundation to fight bullying, said in the documentary Inside the Out-side:

"The boys picked me up and threw me in the trash can on the street on the corner of my block, while all the other girls from the school were leaving and could see me in the trash and everybody was laughing — and I was even laughing ... And I remember even one of the girls looking at me like, 'Are you about to cry? You're pathetic.'"

- Possibly the most bullied teen in America, Rebecca Black, singer of the YouTube hit Friday, went on to become an anti-bullying spokesperson. She said in a press release for the PACER's National Bullying Prevention Center:

"Bullying is something that affects so many and it can happen to anyone. I know what it's like to have people make fun of you, and I know how much it can hurt. I just don't want other kids to have to go through that."

- Demi Lovato, an anti-bullying spokesperson with the Mean Stinks Campaign, told ABC News:

"I literally didn't know why they were being so mean to me. And when I would ask them why, they would just say, 'Well, you're fat.' I was bullied because I was fat. And then a few months later I developed an eating disorder, and that's kind of what I've been dealing with ever since."

JESSICA SMITH/METRO



A solid stock-picking strategy

Investing. This is the second of our three-part series on getting into the stock market



IN THE MARKET
Bryan Borzykowski
For Metro

It won't come as a surprise to know that it's pretty difficult to predict where the stock market is headed. If we knew what would happen, we all would have sold our tech stocks in 2000; we would have exited the market in mid-2008; and we would have all jumped back in March 2009.

While bad economic news out of Europe does negatively impact markets, and while investors are worried about America's fiscal issues, it's foolish for the average person to make bets based on what may or may not happen in the world. The only way to really "play" the market is by investing in reliable, revenue-generating companies for the long-term.

What makes a company reliable? Typically, the best companies to own are in sec-

tors that are impervious to an economic downturn. Food companies, for instance, do well in downturns because people always need to eat. Telecoms outperform too — no one wants to give up their Internet.

Dividend paying companies have also been proven to be less volatile than non-yielding companies. The dividend — a payout by the company to shareholders — is often a focusing force for executives. They need to be prudent with their company's money; if they're not, and the dividend gets cut, investors will want to sell.

Large, multinational brand name companies do well over the long-term too. Their size make it less likely that they'll go bankrupt; their international footprint means they have multiple avenues for growth and their brand name will keep

people coming back for more. Think McDonald's, Coke and Procter & Gamble.

Whether you pick stocks or invest in mutual funds, these types of "blue chip" stocks should form the basis of most people's portfolios. Some investors, though, may want to boost returns by buying what's called "growth" stocks. These are often small companies — with a market capitalization of under \$1 billion — they're in cyclical sectors that outperform during boom times and they're companies with incredible growth. They are more volatile than blue chips, but, as the famous investing adage goes, risk equals reward.

It's actually a good idea to hold both. Large-cap stocks tend to appreciate slowly, though the dividend will help boost returns, while the share prices of



If you stick to solid businesses that perform well in any economic environment, columnist Bryan Borzykowski says, your portfolio will eventually rise. ISTOCK

small-caps can increase quickly. A combination should give you some growth without putting your entire portfolio at risk.

Whatever you choose to buy, make sure you're purchasing a company that isn't going to implode in the short-term.

So do your due diligence. Read what's on Morningstar.com — a popular investing website that analyzes stocks, mutual funds and exchange-traded funds — seek out analyst reports and comb through financial reports. If you don't have the time, talk to an adviser or buy a mutual fund, where

Next in the series

- **In Metro Friday:** Should you go it alone or go to an adviser? Plus, online tools for the DIY types.

the managers pick the stocks for you.

Ask any expert and they'll tell you not to try and time the market. If you stick to solid businesses that will perform well in any economic environment, then your portfolio will eventually rise.

Terminology

Know your numbers

P/E: A company's price-to-earnings ratio tells people how much an investor is willing to pay per dollar of earnings. Very generally, a P/E ratio lower than the market P/E means a stock is cheap; if the metric is above, the company may be expensive.

Dividend Yield: This number tells you how much money the company is giving back to shareholders. It often has two numbers next to it — the first is the dividend per share, the second is the annual yield.

Price: The share price is, of course, important, but it shouldn't drive your investment decision. Apple costs \$576, but it's trading at a cheap 13 times P/E. Look at the share price, then look at metrics such as P/E to determine if the company is worth buying.

Bryan Borzykowski is a Toronto-based financial writer and the author of *Building Wealth All-in-One for Canadians for Dummies*. Contact him at bryanborzykowski.com or follow him on Twitter @bborzyko.

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Good call



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MEMO: ETIQUETTE AMENDMENTS



HE SAYS...
John Mazerolle
metronews.ca

The following changes are being implemented immediately. Please make a note of it.

- Effective without delay, you must wait for all departing passengers to get off transportation before you are allowed on it. For example, if there is a woman in her 80s attempting to leave a bus, you may no longer crowd on board as if it is the last ship leaving Krypton. Under the new guidelines, doing so makes you a jackass. If there is more than one person attempting to push on at the same time, this DOES NOT divide the jackassery between you. You each remain at Full Jackass. Thank you for your understanding.
- On Internet forums, you may no longer comment on crime or privacy issues with, "What have they got to hide?" or a similar variant when you write under a pseudonym such as SEXYGUY76. We apologize for any inconvenience.
- If you are walking down the sidewalk and refuse to give up an inch of shoulder territory to oncoming pedestrians, you will no longer be considered King of the Sidewalk, no matter how confident your strut. We take no responsibility for loss of ego that may result.
- Hitler may not be mentioned underneath any online political article unless Hitler is the subject of the article. Even then, give it a rest.
- Sitting on the outside of two empty bus seats, then not moving at all when somebody tries to sit on the inside seat, makes you worse than, uh ... Mussolini.
- Effective immediately, all strippers and bartenders are not into you, and are instead faking it because it's their job. Unless you're really, really sure, in which case you're the exception, lover boy.
- In person, you may no longer say any of the following: "We dialogued," "Besties," "Random!" and "Cold enough for ya?" Going forward, you may not use "Going forward."
- If attending televised golf, you may not shout "Get in the hole!" after every putt, or I will find you and hurt you.
- You may not shove fatty, over-salted food into your gob and then go all Dr. Strangelove when you are offered a flu shot.
- No whistling of any sort. Ever.
- Yelling out the title of each song at a rock concert after a few notes is no longer amazing. It is now very annoying and will make you hated by everyone, including your future grandchildren.
- Please be informed that taking out your smartphone at live theatre makes you a horrible person, retroactive to when smartphones were invented. If you have any concerns, our representatives will be happy to show you many creative ways to conceal your phone.

This concludes the list of changes.

You may have noticed most of the new rules only apply to jerks and fools. If you are neither jerk nor fool, please carry on as before. The only rule for nice, smart people is to chill out about kale. It's just cabbage, for God's sake.

Thank you for your time and consideration in these matters.



If attending televised golf, you may not shout "Get in the hole!" after every putt, or I will find you and hurt you. Sincerely, John Mazerolle. GETTY IMAGES

They have topped Mount Symmetry



PHOTOPRESS/SWNS.COM

Mountain photo op

Climbers hang in sync on peak

A team of climbers created this display by symmetrically scaling this needle-like mountain. The crew of 28, from across Europe, travelled to Italy to take on the daunting Ago del Torrione, known as Cleopatra's Needle.

But instead of waiting until they all reached the vertiginous peak, they paused while in perfect symmetry. **METRO**

Photographer's view



"It took me about half a year to organize and prepare for this photograph. Everything from safety, taking the photo from a helicopter to weather conditions came into play."

Robert Boesch
Swiss mountaineering photographer

Inspirational summit

Aim was 'something very strange'

For mountaineer and photo organizer Robert Boesch, inspiration came from simply, "trying to do something new, something very strange."

"For some time now, I have concentrated on taking photos of climbers in unusual positions on rock faces," he said.

"It makes the photo truly striking and memorable — that's what I wanted."

METRO

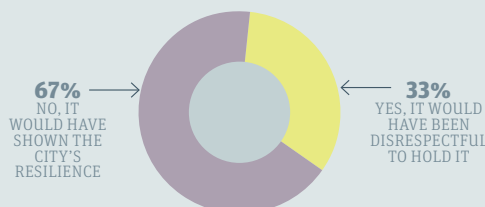


Boesch and the climbers spent roughly six months getting ready for this stunning spectacle. THOMAS SENE/PHOTOPRESS/SWNS



Register at metropolitanpanel.ca and take the quick poll

Should New York City have cancelled its marathon?



Twitter

@seymourdon:

It is comforting to know @Deb_Matthews will continue her great leadership at Health, but she would have made a stellar Premier. #truth

@Monki_Business:

Spider crawled into my coffee. I may have to amend my no kill philosophy on spiders. #dont-messwithmycaffeine.

@AndrewSchiestel:

I have a political theory that news

media causes democratic political elections to be closer than they should be.

@candisbross:

Anyone in #ldnont know a good place to continue learning flash animation?

@fanshawesu:

The Ugly Christmas Sweater Pub that was scheduled for this Thursday has been canceled #fanshawe



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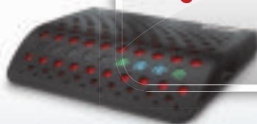


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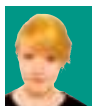
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MacNeil all fired up with Gallows



Gallows, fronted by former Alexisonfire guitarist Wade MacNeil, shown second from left, will perform Saturday night at Call the Office. CONTRIBUTED

New album. Former Alexisonfire singer excited to share Canada with his U.K.-based bandmates



BACKSTAGE PASS
Amanda Grant
london@metronews.ca

Alexisonfire fans are in for a treat. Saturday night, Wade MacNeil, former singer and guitarist of the celebrated Canadian rock band, is in town playing with Gallows.

MacNeil joined the U.K.-based band in 2011, shortly after Alexisonfire called it quits. It was perfect timing, MacNeil said.

"We had just played our last show and they called me

up and said, 'Do you want to sing with the band?' I pretty much hopped on a flight and was singing with them a week later," MacNeil said.

In September, Gallows released its first full-length album with MacNeil singing lead, and the band is on tour to support it. Having already played dates across the United Kingdom, MacNeil is excited to be back in North America.

"We played in Toronto on the last tour that the band did," said MacNeil, "and it was definitely one of the biggest shows of the tour. There is a lot of support from fans of my old band."

MacNeil says it'll be nice to share some Canada with his British bandmates, as Gallows is set to play in Saskatoon, Calgary and his hometown of Hamilton.

"I'm excited for them to see a lot of the country, it's a really beautiful place," MacNeil said.

Gallows will arrive in London on Saturday, playing at Call the Office.

"I've seen a million shows at Call the Office over the years," said MacNeil. "It's got a lot of enthusiasm, a lot of history. It should be an amazing show."

Next month, MacNeil will be hitting the road again, this time with Alexisonfire for the band's farewell tour in honour of its 10th anniversary.

The tour includes stops in Toronto and Hamilton, before going overseas to Australia, Brazil and the U.K.

"It is going to be a real whirlwind and I think it's going to be bittersweet," said MacNeil.

Around town

- **Art.** An exhibition of concert posters and zines is on display at the Forest City Gallery this month. The exhibit features hundreds of posters for concerts and events in London from 1977 until 1990. Entitled *Graphic Underground*, the exhibit highlights the diverse music and art scene that existed in London in the '80s, and how it centered on the community of artists involved with the Forest City Gallery. Stop

by Wednesday through Saturday, noon to 5 p.m. to have a look.

- **Music.** Although APK Live closed, Half a Dino is still hosting high profile shows at venues around the city. Friday, they are bringing Young Rival to the London Music Hall, joined by The Elwins, North Lakes and Comet. Tickets are \$7 in advance, available at Grooves and Tequila Rose. Doors open at 9 p.m.


"We're all really excited that we can do this, for us and for our fans and to really celebrate what Alexisonfire did."

Tickets for Saturday's Gallows show are \$13 in advance and are available online at ticketscene.ca. Doors open at 9 p.m.

Barry Levinson, director of such modern American classics as *Diner*, *The Natural* and *Rain Man*, makes a surprising venture into the horror realm this week with *The Bay*, an unnerving fright fest about a coastal July 4 celebration that goes horribly wrong. Since this is such a departure for Levinson, we were curious to find out what his five favourite horror movies were. He was nice enough to take the time to answer in his own words:

THE ASSOCIATED PRESS

1



The Exorcist (1973)

The Exorcist has some gutsy filmmaking. If you go back and watch it, pretty much nothing scary happens for the first 45 minutes. It's just slowly building tension. Then the daughter comes downstairs in the middle of her mother's Georgetown cocktail party and urinates on the carpet in front of all the guests. It's an incredible moment and the movie just goes from there. It's not trying to have fun with the horror like a lot of the films of today. It suggests that this very well could have happened.

5

Horror favourites

5

Let The Right One In (2008)

I don't know if I would label this one strictly horror, but it certainly is terrifying. And touching. Tomas Alfredson is one of the many talented directors coming out of Sweden right now and this one works so well because it's as interested in character as it is in horrifying moments and imagery. Shot against a cold, icy landscape, it's as much a love story between the two children as it is a vampire film.



2

Frankenstein (1931)

Don't think you can overlook the original Frankenstein. Great design for a monster. Classical form. And one of the great understated scenes of tension when the monster comes upon a very young girl. She accepts him without question. And we just wait for something terrible to happen.



3

Diabolique (1955)

The 1950s French film directed by Henri-Georges Clouzot. As far as I know, no one was doing horror/thriller with as much originality as this film at the time. The story takes place at a boarding school in the French countryside where a schoolmaster's wife and his mistress conspire to kill him. When they do, the body disappears and a series of strange and disturbing events occur. This film has some fantastic imagery and incredible psychological tension.



4

Psycho (1960)

Again, all the great horror movies remain great because they did something outside the box. Killing a movie star as big as Janet Leigh was unheard of. Nobody did that. And to do it in the shower like that. It has now become an iconic moment. I actually made a good deal of fun of it in *High Anxiety*, but I remember my mouth kind of dropping when I saw it. I heard Hitchcock tried to grab the rights to *Diabolique* and lost out to Henri-Georges Clouzot. In turn, he made *Psycho* a few years later and used some of the great imagery *Diabolique* used with water, bathrooms, death.





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Taylor Lautner. ALL PHOTOS GETTY IMAGES

Lautner weighs in on the troubles of his co-stars

Since he's starred in all five Twilight films with Kristen Stewart and Robert Pattinson, it was only a matter of time before Taylor Lautner was asked to weigh in on Stewart's cheating scandal that broke this summer.

An interviewer for Cosmopolitan magazine got him to open up, though Lautner chose a very

diplomatic route for his response.

"To be honest, I've never been involved in any of those situations, so I don't know if trust can be regained," he said.

"It would be just a guess and a shot in the dark, and I don't want to give that if I haven't even been there myself."



Robert Pattinson and Kristen Stewart.

Stewart playing coy on relationship

Looking for official confirmation that Twilight stars Kristen Stewart and Robert Pattinson have really reconciled in the wake of her cheating scandal?

Well, the woman herself isn't being much help in that department. When

asked during an interview on the Today show if she and Pattinson are back together, she says, "Funny you mention that. I'm going to just let people watch whatever little movie they think our lives are. Keep 'em guessing, I always say."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Interviewing Russell Brand, one tweet at a time

NED EHRBAR
Metro World News

I've arrived at a publicist's office in Hollywood to chat with British comedian Russell Brand purportedly about his participation in What

About Dick? (whataboutdick.com), a radio play-style stage show written by Monty Python alum Eric Idle.

But Brand has never been known to stick to the topic at hand. He enters with a banana, singing, "And I get so doggone lonesome."

He sits down, peels open the banana and says, "Come on in, mate. What do you need to know?"

Follow our conversation over the next few days at twitter.com/russellsmusings.



Megan Fox and Brian Austin Green.

Brian Austin Green credits Witherspoon for his cover up

Brian Austin Green and Megan Fox managed to keep the birth of their son a secret for more than a month.

And he says all the credit goes to Reese Witherspoon, as the world was too busy cooing over her newborn to notice, he tells

Ryan Seacrest during an interview.

"We got really lucky," he says. "And I've been wanting to send Reese Witherspoon flowers for, like, a month and a half. She actually gave birth, I think, the day before us in Santa Monica."

Twitter



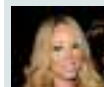
@kirstiealley

thank you for purchasing my book..it was a labor of labor and love...sweet dreams...see you tomorrow



@JKCorden

I just did a fake laugh to someone when they told me a political joke i didnt really get. Happens almost everyday.



@MariahCarey

Someone just told me it is Hello Kitty's birthday today!! haaaaa



@ConanOBrien

I'd never use this Twitter account to openly pander in hope of getting free stuff. Just wanted you to know, people at Garrett's Popcorn.

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Francesca Bracchi shows a bold case for Miu Miu. GILIA



Jonathan Saunders' girls get their cocktail legs. CONTRIBUTED



Poppy Delevingne on parade in brocade. MICHELLE BOBB-PARRIS

Cocktail trouser hour

The look. Cocktails needn't be the only thing in need of a shake and stir. See this season's glitzy trouser, which replaces the little black dress.

RICHARD PECKETT
life@metronews.ca

Trousers to a cocktail party? Here are a few reasons to give them a try: 1) Pants are more liberating and easier to dance in than a tiny little dress. 2) They're chic in a slightly unaffected, androgynous kind of way and 3) This season's flashy, embellished versions are bang on trend thanks to Stella McCartney, Jonathan Saunders, Miu Miu and a long list of others who worked the look into their autumn/winter collections. Go for a pair that is sufficiently showy. Think shiny metallics, textured brocade or trippy graphics. Wear them to the office with a button-down and blazer before changing into a festive top and skinny heels for night.

Fashion dictionary

- **Brocade.** A rich, intricate, jacquard-weaved fabric with a raised design, often in a gold or silver thread.
- **Jacquard.** A decorative weave created on a jacquard loom for damask and brocade fabrics.
- **Damask.** A figured fabric with a pattern that is self-coloured and visible on both sides.

Topshop

diamond jacquard trousers, \$120, topshop.com



Zara

capri pants with argyle jacquard, \$80, zara.com



Miu Miu

cropped brocade pants, \$1,050, net-a-porter.com



H&M

burgundy pants, \$50, hm.com



ASOS

premium floral trousers, \$79, asos.com



3 LIFE

Kick up your next dinner party with spicy bites and cooling dips

Spiced Shrimp with Lime-Ginger Sauce



This recipe makes 30 pieces. FROM CANADA'S FAVOURITE RECIPE

"Everyone loves traditional cold cooked shrimp around a spicy seafood sauce," write Elizabeth Baird and Rose Murray in Canada's Favourite Recipes. "This version is just the reverse . . . spicy shrimp, served hot with a cooling dip on the side."

1. Sauce: In a small bowl, combine the mayonnaise, fresh ginger, lime zest and lime juice. (Make-ahead: Cover and refrigerate for up to 6 hours.)

2. Shrimp: In a small bowl, combine 1 tsp (5 ml) of the oil, the lime juice, coriander, paprika, cumin, brown sugar, salt, oregano and cayenne. In a large bowl, evenly coat the shrimp with the mixture. Cover and marinate at room temperature for 20 minutes. (Make-ahead: Cover and refrigerate for up to 3 hours.)

3. In a large skillet, heat the remaining 2 tsp (10 ml) of canola oil over medium-high heat. Stir-fry the marinated shrimp until bright pink (no longer opaque) and just

cooked through, 1 to 2 minutes. Serve hot. Arrange on a platter with the sauce for dipping; garnish with lime wedges.

ALL OF THE RECIPES ON THIS PAGE ARE PRINTED WITH PERMISSION FROM CANADA'S FAVOURITE RECIPES BY ELIZABETH BAIRD AND ROSE MURRAY

Ingredients

Sauce

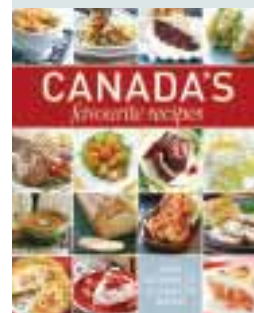
- 2/3 cup (150 ml) mayonnaise
- 2 tbsp (30 ml) grated fresh ginger
- 1 tbsp (15 ml) grated lime zest
- 2 tsp (30 ml) fresh lime juice

Shrimp

- 1 tbsp (15 ml) canola oil, divided
- 2 tsp (10 ml) fresh lime juice
- 1 tsp (5 ml) each ground coriander, paprika, ground cumin and brown sugar
- 1/2 tsp (2 ml) each sea salt and dried oregano
- 1/4 tsp (1 ml) cayenne
- 1 lb (500 g) large shrimp, peeled, with tail portion left intact
- lime wedges

Cookbook of the Week

Canadian fare from coast to coast



In the book Canada's Favourite Recipes, Rose Murray and Elizabeth Baird set out to answer the question: What is Canadian cuisine?

The book reveals just how distinctive our food is and how our people, climate and land influence it. Many of the 160 recipes have been contributed by Canadian cooks, chefs and personalities such as Julian Armstrong, Emily Richards and Wayson Choy.

Among the Canadian delicacies included are: Peameal Bacon Roast, Cod and Potato Fritters with Spicy Lemon Mayo, Maple Carrot Cake with Maple Butter Icing and more. **METRO**

Comfort food. Roasted Squash Soup

1. Cut the squash in half, remove the seeds and roast, cut-side down and covered with foil, in a greased or parchment paper-lined baking pan in a 400 F (200 C) oven until tender, about 45 minutes. When cool enough to handle, scrape the flesh from the rind.

2. Meanwhile, in a large saucepan, cook the pancetta over medium heat until crisp, about 5 minutes. With a slotted spoon, transfer to paper towels to drain. Refrigerate.

3. In the pan drippings, over medium-low heat, cook the onions, garlic, sage and hot



This recipe makes eight to 10 servings. FROM CANADA'S FAVOURITE RECIPES

pepper flakes until the onions are very soft, about 10 minutes, stirring occasionally. Add the roasted squash, broth, and salt and pepper to taste. Bring to a boil, reduce the heat, cover and simmer, stirring often, for 20 minutes.

4. Purée in a blender (holding down the lid) in batches or with an immersion blender until smooth.

5. Return to a clean saucepan and gently reheat. Taste and adjust the seasoning.

6. Serve in heated bowls, garnishing each serving with a dollop of sour cream, a sprinkle of diced tomato and pancetta.

Ingredients

- 1 butternut squash (about 2 3/4 lb/1.25 kg)
- 4 oz (125 g) pancetta, coarsely chopped
- 2 onions, coarsely chopped
- 2 cloves garlic, minced
- 1 1/2 tbsp (22 ml) chopped fresh sage
- 1/4 tsp (1 ml) hot pepper flakes
- 6 cups (1.5 l) chicken broth
- salt and ground black pepper
- sour cream
- 1 large ripe tomato, diced

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Exploring the faux look of nature



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

One of the hottest trends in decorating has natural elements incorporated in a room, like wood, stone and fur. A country or modern look can take on an authentic and relaxed feel with a few of these elements.

Natural elements help keep a room's colour scheme neutral, yet add texture and interest.

Here's a grouping of on-trend, natural-looking decor products with a twist.

You see, all of these hot decor times are faux. There's no fur, wood, stone or wool here, so go ahead and get the look — the only thing real is the affordable price.



Leather

Add a warm, casual look to a fancy chandelier with the look of saddle leather. Faux Leather Chandelier Shades, \$22, crateandbarrel.com.

Wool

Get that lodge look with the romance of the Hudson Bay point blanket — in cozy flannel. Flannel Multi-Stripe Sheet Set, \$225/queen set. thebay.com.



Animal skin

Cover your floors with whimsy and style with a trendy animal skin rug. Exotica Tiger 3x5 all-wool rug, \$112, ecarpetgallery.com.

Wood

Water resistant and easy-to-install wood-look vinyl floors give the warmth and character of a New York brownstone at a fraction of the price. Allure Chateau Vinyl Parquet, \$3/square foot homedepot.ca.



Birch

Sip a drink from what looks like a birch tree branch. Canadian Birch Straws, \$14/box, anthropologie.com.



Fur

Add a touch of luxury to the corner of a sofa or the end of a bed. Spotted Lemur Faux Fur Throw, \$99, urbanbarn.com.



Stone

Simple stone shapes offer a contemporary feel to the bathroom. Stone Resin Bath Accessories, \$5-10, cb2.com.



The secrets of dry cleaning revealed

What is dry cleaning? How does it work? Is it really bad for my clothing or is this a myth?



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I never really actually understood what dry cleaning was until I learned from my friend Jeremy Creed that dry cleaning has nothing to do with dry — but is in fact wet — just the opposite of what we think about it.

Clothes that are dry-cleaned will not go near water, but are in fact traditionally submerged in a dry-cleaning liquid. The most common of these chemicals is perchlorethylene, more commonly known as perc. Garments are submerged in perc for a short period of time.

The chemical removes the dirt from the garment and the garment is then dried, pressed and packaged for the customer.

Today, many dry cleaners also use different cleaning systems such as the commonly known wet cleaning



Here's a hint: It's more like wet cleaning. ISTOCK IMAGES

systems. These actually use water in combination with different dry cleaning chemicals.

This wet cleaning system still isn't good for everything, but is slowly improving and getting better and better while becoming increasingly popular with professional dry cleaning companies.

Last but not least are the home dry cleaning kits. I personally have never been happy with the results. Particularly if you have a good piece of clothing that is expensive and a classic item you want to keep for many years.

What makes the dry cleaner so good at his or her job is not just the cleaning portion, but what happens to the garment after it has been cleaned. This includes steaming, pressing and packaging the item so that it stays at its very best.

Finally, I personally wouldn't use dry cleaning every day on all of my clothes, but there are times when it is absolutely necessary to dry-clean garments and times when it's not. I say everything in moderation and if you are going to pick a dry cleaner, make sure they are reputable.

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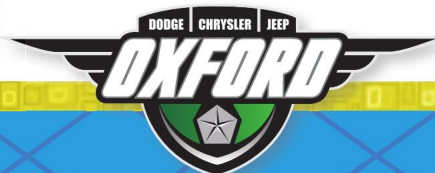


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Have expectations for CBA become too high?

NHL lockout. Labour expert says compromises must be made internally by players and owners for deal to be reached

The hardest part, for Gary Bettman and Donald Fehr, might not be negotiating with each other.

Indeed, the commissioner of the NHL and the executive director of the NHL Players' Association may well find

negotiating with their own people — who have their own expectations of what a season-saving deal ought to look like — to be the biggest hurdle.

"There has to be some compromise, otherwise there would have been a settlement a long time ago," said George Smith, a former management-side labour negotiator who is now a lecturer at Queen's University.

"There are at least three sets of negotiations going on: The ones across the table and

the ones within the owners' group and the players' group. There have been promises made to each of their members to get us to the point where we are today."

For the second day in a row, the NHL and NHLPA went underground to hammer out the issues with an eye on saving the season. Wednesday's session started later than expected in the afternoon as both sides used the morning to strategize internally.

With a snowstorm hitting New York, some of the players

who had been in on Tuesday's meetings — including Sidney Crosby — went home early.

Tuesday's seven-hour session dealt largely with contract issues and revenue sharing, and was said to be the first true bargaining of these collective bargaining talks.

Wednesday's session was scheduled to deal with the most contentious issue: Paying players their salaries in full while at the same time getting the two sides to share hockey-related revenue 50-50.

TORSTAR NEWS SERVICE

Pressure escalating

Tension seems to be rising from all corners of the NHL.

- Pockets of owners and players are believed to be exerting pressure on leadership to get a new deal, while Molson Coors CEO Peter Swinburn, whose company is a major league sponsor, told The Canadian Press in an interview that the brewer will seek compensation when the lockout ends.

- "There will be some redress for us as a result of this," said Swinburn. "I can't quantify that and I don't know because I don't know the scale of how long the lockout is going to last."

THE CANADIAN PRESS



Celtic shatters Barca's expectations in Glasgow

Celtic goalkeeper Fraser Forster denies FC Barcelona's Lionel Messi during a UEFA Champions League match on Wednesday in Glasgow, Scotland. Celtic produced a stunning 2-1 win over Barcelona, rewarded for a disciplined defence against the European heavyweight and making the most of its rare attacks. Barcelona was unbeaten in 12 straight matches in all competitions before Wednesday. **STU FORSTER/GETTY IMAGES**

MLB. Former Tiger Young pleads guilty in slur case

Former Detroit Tigers slugger Delmon Young pleaded guilty Wednesday to aggravated harassment for shouting an anti-Semitic slur and tackling a man to the ground outside a New York City hotel last spring.

The 27-year-old, who became a free agent after the World Series, was ordered to complete 10 days of community service and enrol in a program at the Museum of Tolerance New York as part of the Manhattan district attorney's office's restorative justice program. His lawyer didn't immediately return a call seeking comment.

Young was standing outside



Delmon Young GETTY IMAGES FILE

of the Hilton New York and was accused of yelling anti-Jewish epithets at a group of tourists, tussling with them and tackling one to the ground in April, when the Tigers were in town to play the New York Yankees.

THE ASSOCIATED PRESS

NBA

Raptors' Lowry misses date with Mavericks

Toronto Raptors point guard Kyle Lowry was ruled out of Wednesday night's road game against the Mavericks in Dallas as he recovers from a right ankle sprain.

Lowry twisted his right ankle after landing on Thunder forward Serge Ibaka's foot while going for a rebound in the second quarter in Toronto's 108-88 loss in Oklahoma City on Tuesday. He wore a walking boot as a precaution after leaving the game.

THE CANADIAN PRESS

NBA. Pippen joined Obama for election-day basketball

Former Chicago Bulls star Scottie Pippen says U.S. President Barack Obama has a "smooth game" on the basketball court.

Pippen described playing basketball with the president Tuesday afternoon in a story on the Chicago Bulls website. He played on Obama's team in an election-day game complete with referees and a running clock. Pippen and Obama's team won the game.

Pippen says the president was "very easy to approach" and says Obama isn't an overly aggressive player, probably because he doesn't want to get hurt.



Scottie Pippen GETTY IMAGES FILE

Pippen says it was the first time he met the president and called it "a very special experience."

Pippen was a member of six Chicago Bulls championship teams.

THE ASSOCIATED PRESS



Pierre Lueders, Justin Kripps, Jesse Lumsden and Neville Wright of Canada compete during the four-man bobsled in February 2010 at the Vancouver Winter Olympics in Whistler, B.C. Competition to be the brakeman on Canada's top two-man bobsled team is expected to be fierce. RICHARD HEATHCOTE/GETTY IMAGES FILE

Race is on to be brakeman for Canada's top bobsled team

Eye on Sochi 2014.

Former CFL running back Jesse Lumsden vying for coveted spot on two-man sled

After the first 50 metres, Jesse Lumsden's job is pretty much done.

"I'm just along for the ride," he says.

With speeds of up to 150 km/h and the kind of G-forces that can blur vision, it's some ride.

Lumsden is a bobsled brakeman. That means he's not typically the star of the show — that falls to the pilot, Olympic bronze medallist Lyndon Rush. That makes this sporting career similar, says Lumsden, to his last one in the CFL, where the quarterback is the star and he was a running back.

"Our names don't go in the paper. When we talk about the team, it's Team Rush. We're going to go out and get dirt under our nails and grind it out and get the job done. That's the way I like it," he says.

Whether he wants it or not, Lumsden may be getting a lot more attention this year because he's not the only brakeman vying for the coveted spot on Canada's top two-man team.

Lascelles Brown is back

Quoted



"At the end of the day we're pushing on the same team, which will hopefully

be a very dangerous combination and a very, very fast combination for Team Rush."

Jesse Lumsden on the competition to be the brakeman on Canada's top two-man bobsled team

sliding for Canada after a two-season stint on the Monaco team. He won a bronze medal with Rush in four-man at the 2010 Vancouver Olympics and a silver with Pierre Lueders in two-man at the 2006 Winter Games in Turin.

While the entire Canadian team competes as one against other nations, Lumsden and Brown will essentially be locked into a competition of their own.

The first World Cup of the season starts Friday in Lake Placid, N.Y. The ultimate goal is to be the guy in the two-man sled for the 2014 Sochi Olympics.

Both men will likely compete along with another teammate, either Neville Wright

or Cody Sorensen, in Rush's four-man sled. But there can only be one brakeman on the two-man.

The battle for that spot will focus more attention than ever before on the importance of the brakeman, says Nathan Cicoria, high-performance director for Bobsleigh Canada Skeleton.

"They really are teams and not one athlete with faceless brakemen," he says.

In a two-man sled the brakeman is 50 per cent of the team. In four-man, they're 75 per cent.

"You can't have a top performance without optimizing them all," Cicoria says.

A top performance from each crew member is what's needed to win when margins are as tiny as they are in this sport.

"When you beat somebody badly, you're beating them by 10 or 15 hundredths of a second," says Lumsden.

The push off the start and how quickly they all get in the sled — bobsleds "should in no way contain four men over 220 pounds," Lumsden says — can decide the entire race.

That's something that pilot and Olympic gold medallist Kaillie Humphries is keenly aware of at all times.

"If you're not one of the top teams on the push, you'll always play catch-up," says Humphries. **TORSTAR NEWS SERVICE**

Cornish, Owens up for CFL's top player award

Calgary Stampeders running back Jon Cornish and receiver/kick-returner Chad Owens of the Toronto Argonauts are the finalists for the CFL's outstanding player award.

Cornish and Owens received the nominations Wednesday in voting conducted by the Football Reporters of Canada and the eight CFL head coaches.

Cornish ran for a CFL-high 1,457 yards this season, becoming the first Canadian to lead the league in rushing since 1988.

The native of New West-



Stampeders running back Jon Cornish tries to break a tackle from Eskimos defender J.C. Sherritt in Edmonton on Nov. 2. THE CANADIAN PRESS FILE

minster, B.C., also broke Norm Kwong's 56-year-old record for

yards rushing in a season by a Canadian of 1,437.

Owens set a pro football record of 3,863 all-purpose yards and also led the CFL in receiving (94 catches, 1,328 yards, six TDs) and kickoff returns (71 for 1,588 yards).

Cornish and Montreal linebacker Shea Emry, of Richmond, B.C., are double finalists.

They're nominated for the CFL's top Canadian award while Emry is up against Edmonton linebacker J.C. Sherritt for outstanding defensive player honours.

THE CANADIAN PRESS

MLB

Mets and Jason Bay parting ways

Canada's Jason Bay and the New York Mets ended their unproductive relationship after three miserable seasons when they agreed Wednesday to terminate the outfielder's contract with one guaranteed season remaining.

The deal makes Bay, 34, from Trail, B.C., a free agent and allows the team to spread out the remaining \$21 million US it owes him.

An all-star in 2005, 2006 and 2009, Bay signed with the Mets after career bests with Boston of 36 homers and 119 RBIs.

THE ASSOCIATED PRESS

NBA. Hornets' No. 1 pick still out with concussion

New Orleans Hornets rookies Anthony Davis and Austin Rivers both were ruled out for Wednesday night's game against the Philadelphia 76ers.

Davis has been sidelined by a minor concussion since the middle of New Orleans' second game of the season last Friday night. Rivers has a sprained left index finger and will be out for the first time.

Davis, the first-overall choice in the 2012 draft, has averaged 14.5 points, 6.5 rebounds and 1.5 blocks in his first two games.

THE ASSOCIATED PRESS



Hornets forward Anthony Davis shoots over Houston's Terrence Jones during an Oct. 24 pre-season game in New Orleans. GETTY IMAGES FILE

Horoscopes

Aries

March 21 - April 20

Demand to be taken seriously. Demand that others treat you with respect. If they don't, well, that's your cue to look elsewhere for companionship and love. You're special. Don't waste your time on people who can't see it.

Taurus

April 21 - May 21

Try not to come across as cold. Those to whom you are close know that you sometimes find it hard to express your feelings but people you deal with in the wider world may think you are being rude.

Gemini

May 22 - June 21

Quick decisions are not always good decisions, so take your time and get it right. Someone may be annoyed that you are moving slowly but they will be even more annoyed if you make a wrong move and they have to pay.

Cancer

June 22 - July 23

You may be tempted to pack your bags and go some place where you don't have to deal with so many annoying people but in a few days you will feel better about your current situation. Hang in there.

Leo

July 24 - Aug. 23

Try not to be too distrustful today. The planets indicate that what a colleague is offering you is not some kind of trick. Most people are honest, so accept the offer and enjoy what it brings.

Virgo

Aug. 24 - Sept. 23

Your head and your heart are pulling you in different directions and, as always, your head will win in the end. Don't be so logical and rational though that you miss the feelings of love that others are sending your way.

Libra

Sept. 24 - Oct. 23

You have worked hard to get to your present position and you are not about to give it up, no matter what others say you should do. Possession is nine-tenths of the law and you are simply not going to move.

Scorpio

Oct. 24 - Nov. 22

Opportunity will come knocking today and you won't hesitate to let it in. Don't forget, however, that the flipside to opportunity is responsibility. Make sure you know what you are getting yourself into — then go for it.

Sagittarius

Nov. 23 - Dec. 21

Mercury in your sign helps you see things clearly but it's in one of its retrograde phases at the moment, so not everything will be what it seems. Don't accept what others tell you without checking the facts for yourself.

Capricorn

Dec. 22 - Jan. 20

You may wish you were some place else at the moment but before you start thinking about a change of scene, you have got to think about your cash flow situation. Are you living beyond your current? Do something about it.

Aquarius

Jan. 21 - Feb. 19

You will be tempted to splash out on something luxurious today but if you are wise, you will resist. Your place in the world does not depend on how much you earn or how much bling you can afford.

Pisces

Feb. 20 - March 20

You could miss out on a romantic opportunity today, simply because you are too shy to approach someone you fancy. It doesn't take much to smile and say hello, so be brave and make your move. You'll be glad you did. **SALLY BROMPTON**

Canadian Crossword

Across

- Commercials
- Allow
- Funnyman Carney
- Actor Majors
- Cosmetic giant
- French cheese
- Poor grade
- Exhaust
- The Avengers Mrs. Peel
- Value
- Food scrap
- Squeal
- Idle chit —
- Opie's Aunt —
- The Fresh Prince of Bel —
- Partner for hearty
- Pub
- Wing length
- Has the flu
- Actor who portrayed 28 across
- Towel monogram
- More homey
- Paulo, Brazil
- Brace
- Alike
- Fragrance
- Pitcher's stat.
- Tortoise rival
- Telegram
- and abet
- The Cat in the —
- Wide shoe width
- Genetic molecule (abbr.)

Down

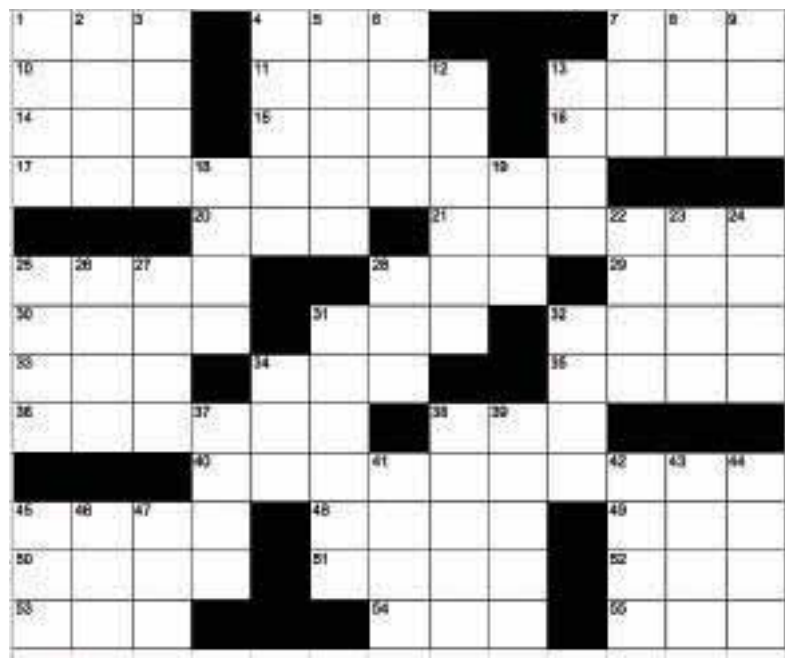
- M*A*S*H actor
- "The — End of the Ocean"
- Ooze
- After a while
- Landlord's threat
- Beverly Hills, 90210 actress
- Spelling
- Appendage

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



BY BETTY MARTIN

- Along the edge
- Afternoon social
- Tidier
- Red veggie
- Routine
- Self defense lessons —kwondo
- Record a television show
- Fibber
- Sea eagles
- Elegant

- Angel headwear
- well that ends well
- Keep out
- Beg, — or steal
- Range
- Soak
- Psychiatrists comment (2 words)
- Night time sound
- Concur
- Nurse Jackie actress Falco

- of the Class
- Middle daughter on The Waltons
- Zilch
- Be quiet!
- Battery size
- The A Team actor (word & init.)

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	3	8	6	9	1	7	5	2
6	1	2	3	5	7	9	4	8
7	5	9	2	8	4	6	1	3
9	2	7	5	4	8	3	6	1
5	6	4	1	3	2	8	9	7
3	8	1	7	6	9	4	2	5
1	9	5	4	7	3	2	8	6
8	7	6	9	2	5	1	3	4
2	4	3	8	1	6	5	7	9

	8		7		9		5	
5								6
		9		5		2		
	5	8		2		1	3	
	7			9			2	
	3	1		7		6	4	
			4		3		8	
7								4
	2		4		6		9	

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Friday

12°/4°
Variable

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